



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 02-17-12)

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100224 – PEARS, CANNED, BARTLETT, SLICED, EXTRA LIGHT SYRUP

Nutrition Information

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade B or better canned sliced pears are packed in unsweetened fruit juice, extra light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice.
PACK/YIELD	<ul style="list-style-type: none">6/#10 cans per case. Each can contains about 105 oz (about 12³/₈ cups) sliced pears and juice.One #10 can AP yields about 59.6 oz (7³/₈ cups) drained pears and provides about 29.5 ¼-cup servings drained, sliced pears OR about 49.7 ¼-cup servings fruit and juice.CN Crediting: ¼ cup sliced pears and juice OR ¼ cup drained, sliced pears provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none">Store unopened canned sliced pears in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.Store opened canned sliced pears covered and labeled in a dated nonmetallic container under refrigeration and use within 5 to 7 days.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Pears, sliced, extra light syrup or juice

	¼ cup (62 g)	½ cup (124 g)
Calories	29	58
Protein	0.19 g	0.38 g
Carbohydrate	7.56 g	15.12 g
Dietary Fiber	1.0 g	2.0 g
Sugars	7.0 g	14.0 g
Total Fat	0.06 g	0.12 g
Trans Fat	0 g	0 g
Saturated Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.13 mg	0.25 mg
Calcium	4.0 mg	8 mg
Sodium	1 mg	2 mg
Magnesium	3 mg	6 mg
Potassium	28 mg	56 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	1.13 mg	2.5 mg
Vitamin E	0 mg	0 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.• Use a clean and sanitized can opener.• Sliced pears can be used right from the can, chilled, or at room temperature.
USES AND TIPS	<ul style="list-style-type: none">• Serve canned pears chilled for breakfast, alone or over cereal. Also use in salads or gelatin as a dessert.• Use in recipes for main dishes, breads, or in desserts such as cobblers and crisps.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• NEVER USE food from cans that are leaking, bulging, or are badly dented.• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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